Record on Fitness Calendars at least 3 X a week (cannot include PE)

Example

Basketball

Game

90 min. C & F

Thu

Record what you did

Record how long you did the activity

a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = **Upper Body Strength (arms/shoulders)**

AB = **Abdominal Strength (stomach)**

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE Friday, December 6th

NOVEMBER 2019



Sı	un M on	Tue	Wed	Thu	Fri	Sat
ne 5t l bu	2nd students can fill out to ecessary, dictate to their path students are capable of the calendar should be fill students & parents should	rents while the part doing this on their led out in their har	ent fills in the caler r own) You can ass ndwriting NOT your	ndar. 3rd- ist them s.	I	2
3	4	5	6	7	8 Oct. Fitness Calendar Due	9
10	Veteran's Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving	29 No School	30

Example

Thu

Gymnastics 60 min.

Record on Fitness Calendars at least 3 X a week (cannot include PE)

Record what you did

Record how long you did the activity

a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = Upper Body Strength (arms/shoulders)

AB = **Abdominal Strength (stomach)**

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE Friday, January 10th



DECEMBER 2019



C, UB, AB, F	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
oulders)) turn)	I	2	3	4	5	6	7	
UIRED	8	9	10	11	12	13	14	
RE URE	15	16	17	18	19	20	21	
g sroom Teacher	22	23 Winter Break No School	24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School	
r BEFORE	29	30 Winter Break No School	3 I Winter Break No School	K-2nd students can fill out the calendar with assistance from & if necessary, dictate to their parents while the parent fills in the endar. 3rd-5th students are capable of doing this on their own) You assist them but the calendar should be filled out in their handw NOT yours. All students & parents should sign their name on the this calendar.				

Record on Fitness Calendars at least 3 X a week (cannot include PE)

Example

Sledding

20 min.

C & UB

Thu

Record what you did

Record how long you did the activity a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = **Upper Body Strength (arms/shoulders)**

AB = **Abdominal Strength (stomach)**

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE Friday, February 7th

JANUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
from parents, & if necessary, dictate to their parents while the parent fills in the calendar. 3rd-5th students are capable of doing this on their own) You can assist them but the calendar should be filled out in their handwriting NOT yours. All students & parents should sign their name on the left of this calendar.		l Winter Break No School	2 Winter Break No School	3 Winter Break No School	4	
5	6	7	8	9	Dec. Fitness Calendar Due	11
12	13	14	15	16	17	18
19	MLK Day No School	21	22	23	24	25
26	27	Conferences 1/2 Day	29	Conferences 1/2 Day	Conferences 1/2 Day	

Example

Skiing

Thu

Snowboard &

Record on Fitness Calendars at least 3 X a week (cannot include PE)

Record what you did

Record how long you did the activity

a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = **Upper Body Strength (arms/shoulders)**

AB = **Abdominal Strength (stomach)**

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

PARENT SIGNATURE

Student

Parent

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE Friday, March 6th

FEBRUARY 2020



Skiing 120 min. C, AB, UB, F	Sun	Mon	Tue	Wed	Thu	Fri	Sat
oulders) urn)	sary, dictate 3rd-5th stud the calendar	ents can fill out the to their parents whi dents are capable should be filled out & parents should sign	ile the parent fills in of doing this on the tin <u>their handwritin</u>	n the calendar. eir own) You can a g NOT yours.	ssist them but		1
UIRED RE	2	3	4	5	6	7	8
URE g	9	10	II	12	Mid Winter Break No School	Mid Winter Break	15
room Teacher	16	President's Day No School	18	19	20	21	22
r BEFORE	23	24	25	26	27	28	29

Example

Weed the

garden

30 min. C, AB, UB, F

Thu

Record on Fitness Calendars at least 3 X a week

(cannot include PE)

Record what you did

Record how long you did the activity

a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Fitness Codes

C = Cardiovascular (healthy heart)

UB = **Upper Body Strength (arms/shoulders)**

AB = **Abdominal Strength (stomach)**

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE Friday, April 3rd



MARCH 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
I	2	3	4	5	6	7		
8	9	10	11	12	I3 LEAP Day No School	14		
15	16	St. Patricks Day	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31	K-2nd students can fill out the calendar with assistance from parents, & if necessary, dictate to their parents while the parent fills in the calendar. 3rd-5th students are capable of doing this on their own) You can assist them but the calendar should be filled out in their handwriting NOT yours. All students & parents should sign their name on the left of this calendar.					

Record on Fitness Calendars at least 3 X a week (cannot include PE)

Record what you did

Record how long you did the activity

a total of 20 min or more is required)

Record the fitness element code

(C, UB, AB, F) see description below

Example

Thu

Mowed Lawn 45 min. C & UB



APRIL 2020



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
K-2nd students can fill out the calendar with assistance from parents, & if necessary parents while the parent fills in the calendar. 3rd-5th students are capable of doing this on their own) You can assist them but the calendar should be filled out in their handwriting NOT yours. All students & parents should sign their name on the left of this calendar.			I	2	3	4	
5		6 Spring Break No School	7 Spring Break No School	8 Spring Break No School	9 Spring Break No School	10 Spring Break No School	11
12		13	14	15	16	17	18
19		20	21	22	23	24	25
26		27	28	29	30		

Fitness Codes

C = Cardiovascular (healthy heart)

UB = Upper Body Strength (arms/shoulders)

AB = **Abdominal Strength (stomach)**

F = Flexibility (stretch, reach, twist/turn)

BOTH SIGNATURES REQUIRED

Parent

PARENT SIGNATURE

Student

STUDENT'S SIGNATURE

in students s handwriting

Regular Classroom Teacher

Please print the name of student's Classroom Teacher

Please give to PE Teacher ON or BEFORE Friday, May 8th